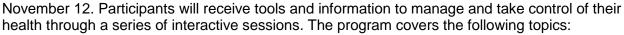
## **DOH-CITRUS HOSTS FREE DIABETES CLASSES**

## CONTACT:

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Anyone looking to discover fresh, practical ways to manage their diabetes and live a healthier life is invited to attend the Florida Department of Health in Citrus County (DOH-Citrus) and Elder Options' Diabetes Empowerment Education Program from 10 a.m. to noon, starting on October 8, at the New Church Without Walls, 300 S. Kensington Ave. in Lecanto.

The six-week course is open to the public and provided at no cost on these dates: October 8, October 15, October 22, October 29, November 5, and ends



- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works



- Monitoring your body
- Mobilizing family and friends
- Meal planning
- Physical activity

Even though the first session began on October 8, those who are interested in the program can still register for the upcoming classes. To register, call 352-513-6077 or email <a href="mailto:Carmen.Hernandez@FLHealth.gov">Carmen.Hernandez@FLHealth.gov</a>. Seats are limited and registration is required.

For more information about DOH-Citrus, visit <a href="www.CitrusCountyHealth.org">www.CitrusCountyHealth.org</a> or follow us on Twitter at <a href="www.CitrusCountyHealth.org">@FLHealthCitrus</a>.

## **About the Florida Department of Health**

The department, nationally accredited by the <u>Public Health Accreditation Board</u>, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on <u>Facebook</u>, <u>Instagram</u> and Twitter at <u>@HealthyFla</u>. For more information about the Florida Department of Health, please visit <u>www.FloridaHealth.gov</u>.

